

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>Lunch</u> 1 LS Ham w/Raisin Sauce Scalloped Potatoes Red Cabbage Supreme <u>Pineapple Upside Down</u> <u>Cake</u> <i>Dinner</i> Egg & Cottage Chz. Sand. Grape Juice Fresh Orange	<u>Lunch</u> 2 Chicken w/Honey Mustard O'Brien Potatoes Peas & Carrots <u>Apple Crisp</u> <i>Dinner</i> Shaved LS Ham Sandwich Orange Juice Tropical Fruit	<u>Lunch</u> 3 Potato Crusted Pollack OR Chinese Pepper Steak Mashed Potatoes Country Blend Vegetables <u>Pumpkin Cookie</u> <i>Dinner</i> Shaved Turkey Sandwich Apple Juice Fruit Cocktail
<u>Lunch</u> 6 Meatball Parmesan over Rotini Cut Green Beans <u>Brownie</u> <i>Dinner</i> Mini Pancakes Apricot Nectar Banana	<u>Lunch</u> 7 Cabbage Casserole Mashed Potatoes Peas & Carrots <u>Low Fat Muffin</u> <i>Dinner</i> Chicken Salad Sandwich Grape Juice Fresh Apple	<u>Lunch</u> 8 Roast Turkey w/Gravy Apple Bread Dressing Monte Carlo Blend Veg. <u>Apricot Halves</u> <i>Dinner</i> Egg Salad Sandwich Cranberry Juice Sugar Cookie	<u>Lunch</u> 9 Stuffed Pepper Casserole Wax Beans Tossed Salad <u>Tapioca Pudding</u> <u>w/Mandarin Oranges</u> <i>Dinner</i> Shaved Turkey Sandwich Orange Juice Peaches	<u>Lunch</u> 10 Breaded Fish OR Chicken w/Pineapple Brown Rice Pilaf Mashed Hubbard Squash <u>Oatmeal Cookie</u> <i>Dinner</i> Shaved LS Ham Sandwich Apple Juice Pears
<u>Lunch</u> 13 Chicken Cacciatore over Noodles Italian Mixed Vegetables <u>Fresh Apple</u> <i>Dinner</i> PB & Jelly Sandwich Cranberry Juice Chocolate Chip Cookie	<u>Lunch</u> 14 Hot Dog w/Chili Baked Potato Carrot Coins <u>Peach Cobbler</u> <i>Dinner</i> Tuna Salad Sandwich Grape Juice Banana	<u>Lunch</u> 15 Roast Beef w/Gravy Mashed Potatoes Country Mix Vegetables <u>Pears</u> <i>Dinner</i> Egg & Cottage Chz. Sand. Apple Juice Spice Cookie	<u>Lunch</u> 16 Beer Battered Fish OR Broccoli Omelet Parmesan Rice Cut Green Beans <u>Diet Fruited Gelatin</u> <i>Dinner</i> Shaved Turkey Sandwich Apricot Nectar Low Fat Muffin	<u>Lunch</u> 17 Grandma's Meatloaf Mashed Potatoes Peas & Carrots <u>Bread Pudding w/Raisins</u> <i>Dinner</i> Shaved LS Ham Sandwich Orange Juice Tropical Fruit

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<u>Lunch</u> 20 Macaroni & Cheese Stewed Tomatoes Cauliflower w/Parsley <u>Banana</u> <i>Dinner</i> <i>PB & Jelly Sandwich</i> <i>Orange Juice</i> <i>Oatmeal Cookie</i>	<u>Lunch</u> 21 Pub Burger w/Grilled Onions Pasta Salad Baby Carrots <u>Pineapples & Mandarin Oranges</u> <i>Dinner</i> <i>Chicken Salad Sandwich</i> <i>Apple Juice</i> <i>Animal Crackers</i>	<u>Frozen Meal</u> <u>Lunch</u> 22 Chicken Patty w/Gravy Mashed Potatoes Broccoli <u>Fresh Orange</u> <i>Dinner</i> <i>Mini Pancakes</i> <i>Cranberry Juice</i> <i>Fruited Yogurt</i>	<u>Lunch</u> 23 Beef Stroganoff over Noodles Cut Green Beans <u>Fresh Apple</u> <i>Dinner</i> <i>Shaved Turkey Sandwich</i> <i>Grape Juice</i> <i>Homemade Dessert</i>	<u>Lunch</u> 24 Salisbury Steak OR Lemon Pepper Pollack Chantilly Potatoes Sonoma Blend Vegetables <u>Peaches</u> <i>Dinner</i> <i>Shaved LS Ham Sandwich</i> <i>Apricot Nectar</i> <i>Low Fat Muffin</i>
<u>Lunch</u> 27 Manicotti Cut Green Beans Cauliflower w/Parsley <u>Chocolate Chip Cookie</u> <i>Dinner</i> <i>Mini Pancakes</i> <i>Cranberry Juice</i> <i>Banana</i>	<u>Lunch</u> 28 Roast Turkey w/Gravy Bread Dressing Monte Carlo Blend Veg. <u>Cinnamon Applesauce</u> <i>Dinner</i> <i>Pizza</i> <i>Orange Juice</i> <i>Blueberry Coffeecake</i>	<u>Lunch</u> 29 Liver w/Onions OR Chicken Marengo Mashed Potatoes Peas <u>Graham Crackers</u> <i>Dinner</i> <i>Shaved LS Ham Sandwich</i> <i>Grape Juice</i> <i>Fresh Orange</i>	<u>Lunch</u> 30 Sweet & Sour Pork over Brown Rice Broccoli <u>Vanilla Cake w/Lemon Frosting</u> <i>Dinner</i> <i>Shaved Turkey Sandwich</i> <i>Apple Juice</i> <i>Fruit Cocktail</i>	<u>Lunch</u> 07/01 Chicken w/Barbecue Sauce Baked Potato Brussels Sprouts <u>Strawberry Fruited Gelatin</u> <i>Dinner</i> <i>Egg & Cottage Chz. Sand.</i> <i>Apricot Nectar</i> <i>Spice Cookie</i>

Meals on Wheels Offices:

Binghamton – 778-6205

Chenango Bridge – 201-5944

Conklin/Kirkwood – 343-4396

Deposit – 467-3953

Harpursville/Windsor – 693-1566

Whitney Point – 692-2653

Menu subject to change without notice.**Milk and bread are sent weekly for you to consume throughout the week with your meals.**